Annex "A," Subparagraph 1p,

Sociological Background

## HEALTH AND SANITATION

262 The diet of the Finns is based on milk and butter, cereals, meat and potatoes. The consumption of vegetables is still quite low, and fruits, except for fruit preserves, are accessible to everyone only during summer and early autumn. Fish in general is important in the coastal areas, and salted Baltic herrings are 261 common all over the country. Next to the Irish, 146 the Finns are the heaviest eaters in the world. The average consumption of calories per day per person is 3330 (in Ireland 3480), while in Sweden it is 3090 and in the United States 3160. All the same, hard work and a harsh climate seem to counteract the effect of the excessive calories; the Finns do not show any more tendency to obesity -285- than their neighbors.

262 the rural families to enjoy fresh meat throughout the year. The consumption of milk and butter, on the other hand, rates among the highest in Europe, and the same is true of potatoes. Conversely, sugar consumption in Finland is among the lowest in Western Europe.

262 146 In spite of its monotony, the Finnish diet is estimated to be quite adequate because of the high consumption of milk and whole cereals. It contains about 112 grams of protein and 84 grams of fat per day per person, and sufficient amount of vitamins A, B and C. Dietary deficiency diseases are unknown in Finland, except for rickets in small children, and lately even this has virtually disappeared in most districts.

264 In the farmhouses three meals are eaten per day, at 7:00 A. M., at noon, and at 6:00 P. M. In addition, there are intervals of coffee